(54) Title: METHOD FOR PSYCHOTHERAPY AGAINST DEPENDANCE BEHAVIOUR BY COMPLEMENTING RITUALS, BY USE OF GAME DEVICES WITH DYNAMIC VISUAL GAMES (FOR EXAMPLE VIDEO COMPUTER SYSTEMS)

(57) Abstract

The method, which the inventor calls reverse ritual therapy, is using computermade reverse (anti) rituals (like playing a film backwards) of the rituals which observation of and participation in create dependency behaviour, as for example smoking, alcohol drinking, using of narcotics, etc (which are like playing the film forwards). The hypothesis is that the hypnosis of the computer reverse rituals will neutralize and eliminate the hypnosis of the dependency creating rituals. Since the human brain, when its lust center is activated, produces human own narcotic, as for example the morphine like endorphines, and since the video computer games (TV-games) cause game lust, the inventor expects that video computer game lust will cause brain's own production of narcotics and in this way, by using of video computer games he wants to create Pavlov reflex between the brain's own narcotics production and lust and the pictures of rejection of the missuse (for example of narcotics) so that every time when the player performs for example a ritual of rejection of narcotics his own brain's lust center will start to produce narcotics and will reward him with lust and pleasure instead of punishment and efforts which most of the other methods suggest and which in most cases the missuser is not capable of. The hypothesis is that the invention will use the body's own lust and pleasure against the destructive lust and pleasure from outside. One strong force from outside will meet an equal strong anti and complementing force from inside.

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Method for psychotherapy against dependance behaviour by comple-
menting rituals, by use of game devices with dynamic visual games
(for example Video Computer Systems).

Using of game devices with dynamic visual games (for instance
Video Computer Systems) for psychotherapy against abnormal
dependence behaviour (for instance of alcohol, tobacco, narco-
tics, food, salt, sex, partner, place, crime, objects, stimuli,
5   fast driving, habits, culture patterns, etc) through visual, emo-
tional and repeating programming of the brain with complementing
game-ritual in opposite direction (knife back in the sheath) of
the ritual which has created the dependency.

The invention belongs simultaneously to the areas toys, educa-
10   tional means and means for psychotherapy against abnormal depen-
dencies of differnt kinds.
The invention is based on a ready developed and very widely used
technology, mostly in the household, technology for which the
society already has invested large amounts, as for instance Video
15   Computer Systems, Home Computors, video tape recorders etc, which
just have to be completed with a new program device (for instance
Video pac), a new program or tape recording, for a new certain
purpose; psychotherapy against abnormal dependencies of diffe-
rent kinds.

20   The method is based on entertainment (pleasure) with eventual
reward, as in nature in which learning exceedingly is a visual
game ritual in entertainment form during which the characters
repeat dynamic pictures which they watch in waking or in dreaming.
As in nature is the method using a lot of emotions. The enter-
25   tainment (pleasure), with eventual reward, makes the method
sufficiently attractive for children, youths and the majority of
adults, for whom entertainment is a stronger motive than duty.
The invention is using electronic game rituals since the rituals
in nature are something which communicate with the oldest and
30   most primitive part of the brain which handles rituals and is the
part that is most receptive for suggestions and at the same time

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has the strongest influence over the functions of the body. The
most developed parts have the strongest resistance against sugges-
tions and at the same time the weakest influence over the functions
35   of the body. In this way, similar to hypnosis, is to different
degrees eliminated the ego of the individual, censoring and even-
tual resistance.

By some examples is better explained the idea of the invention:
During the game is the player (patient) trying to take a lighted
40   cigarette from the mouth of a smoker (with whom he identifies) in
different situations; to put it out, put it in the packet and to
throw the packet back to the shop which sells cigarettes. In this
way is the player (patient) performing a neutralizing and comple-
menting ritual which moves in the opposite direction of the ritual
45   which created the dependency behaviour (the base-ritual). The
complementing (neutralizing) ritual is a mirror-image of the base-
(submission)ritual.
During an other game is the player (patient), during the whole
game, trying to brake and reduce the speed to a normal level of a
50   car which drives to fast. In this way is this complementing
(neutralising or releasing ritual) neutralizing the subjecting
(base-) ritual which is a mirror-image (the car accelerating) to
the complementing ritual (the car braking).
In this way is the "free radicals" of the thoughts and emotions
55   becoming bound and neutralized.

3.

Patent claim.

1.

Using of game devices with dynamic visual games (for instance
Video Computer Systems) for psychotherapy against abnormal depen-
dency behaviour, for example of alcohol, tobacco, narcotics, food,
salt, sex, partner, places, cirme, objects, stimuli, fast driving,
5   habits, culture patterns, etc, by visual, emotional and repeating
programming of the brain with a complementing game ritual in
opposite direction (on the principle knife back in the sheath)
of the base-ritual which created the dependency and subjection.

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AMENDED CLAIMS
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original claim 1 amended (1 page)]

1.

Using of game devices with dynamic visual games (for instance
Video Computer Systems) for psychotherapy against abnormal depen-
dency behaviour, for example of alcohol, tobacco, narcotics, food,
salt, sex, partner, places, cirme, objects, stimuli, fast driving,
5   habits, culture patterns, etc, by visual, emotional and repeating
programming of the brain with a complementing game ritual in
opposite direction (on the principle knife back in the sheath)
of the base-ritual which created the dependency and subjection
(on the principle knife out from the sheath).

INTERNATIONAL SEARCH REPORT

I. CLASSIFICATION OF SUBJECT MATTER (if several classification symbols apply, indicate all) ¹

According to International Patent Classification (IPC) or to both National Classification and IPC ₄

A 63 F 9/22

II. FIELDS SEARCHED

Minimum Documentation Searched ⁴

Classification System	Classification Symbols
IPC 4	A 63 F 9/00,22; G 06 F 3/147,153, 15/44; G 09 B 7/00,12
US Cl	35:21-22; 194:9; 364:410-412

Documentation Searched other than Minimum Documentation
to the Extent that such Documents are Included in the Fields Searched ⁵

SE, NO, DK, FI classes as above

III. DOCUMENTS CONSIDERED TO BE RELEVANT ¹⁴

Category *	Citation of Document, ¹⁶ with indication, where appropriate, of the relevant passages ¹⁷	Relevant to Claim No. ¹⁸
X	US, A, 4 028 819 (WALKER) 14 June 1977	1

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IV. CERTIFICATION

Date of the Actual Completion of the International Search ²	Date of Mailing of this International Search Report ²
1985-01-14.	1985 -01- 18

International Searching Authority. ¹	Signature of Authorized Officer ¹⁰
Swedish Patent Office	Manfred Weiss

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